



West Valley City Fitness and Recreation Center News

Spring Machine Pitch

Boys and Girls ages 7- 12

May 18 through June 24

Practices are held on Tuesdays, games held on Thursday beginning at 5:30 pm.

\$40 per player, includes t-shirt, visor, team & individual photo and participation award.

Registration due May 3.

Volunteer coaches needed, call (801) 955-4012 to volunteer.

West Valley Dance Force



The Family Fitness Center offers all formats of dance, including ballet, hip-hop, jazz, cheer, tap, and more! Adult classes are also available.

For more information, call (801) 955-4030.



Easter Activities

Flashlight Easter Egg Hunt

Friday, April 2, 9 p.m.

Free for Ages 13-16

(Bring your own flashlight)

Centennial Park West Softball Complex

Outdoor Easter Egg Hunt

Saturday, April 3, 8:30 a.m.

Free for Ages 2-12

(Bring your own bag/basket)

Centennial Park West Softball Complex

Breakfast With The Bunny

Saturday, April 3, 9 a.m.

Family Fitness Center Community Rooms

Adults (12+) – \$5

Youth (5-11) – \$4

Children (1-4) – \$2

Children must be accompanied by paying adult.

Registration due March 29.

Edutainment Egg Hunts

Saturday, April 3, 10:30 – 11:40 a.m.

Family Fitness Center Edutainment Center

Children ages 11 and younger (will be separated into age groups)

Member, \$2; non-member \$3

Tickets on sale March 15.

Easter Egg Plunge

Saturday, April 3, 11:30 a.m. – 12:30 p.m.

Children 15 and younger (will be separated into age groups)

Member, \$2; non-member, \$3

Includes admission – Stay and play!

Tickets on sale March 15.

Sign up early...Tickets are limited

T-Ball & Coaches Pitch

Games and instruction designed to teach girls and boys ages 4 – 6 basics in T-Ball: how to stand at bat, hold and swing the bat, how and where to run, fielding, catching, and throwing.

\$38 per player

May 20 – June 24

5:30 p.m.

Registration due May 3

Volunteer coaches needed, call (801) 955-4012 to volunteer.

Wellness Tip of the Month

Snacks you might not find in the Office Vending Machine

If the middle of the afternoon often becomes your "I wish I could take a nap" time, it could be that your body needs energy. By spacing your meals 3-4 hours apart, it is easier to stay energized throughout the day, so an afternoon snack could be your key to making it through. Try some of these snack ideas:

- 3 cups of microwave low-fat popcorn
- 4 or 5 whole wheat crackers with peanut butter
- Fresh fruit, either plain or with low-fat cheese
- ¼ cup of trail mix
- 6-8 carrot or pepper strips with low-fat salad dressing
- Half of a small whole-wheat bagel topped with 1 tablespoon of peanut butter or hummus

** Nothing provided herein should be construed as substitute for advice or treatment by a medical or health care professional. Any information pertaining to your health should be reviewed with your doctor.

Youth Spring Soccer

Boys and Girls ages 3 ½ - 12

Games held on Saturdays starting at 9 a.m. beginning April 24 through June 12.

\$38 per player, includes uniform, team & individual photo and participation award; \$10 discount for players who already have a uniform.

Registration due April 9.

Volunteer coaches needed, call (801) 955-4012 to volunteer.

Men's & Co-Ed Adult Recreational Softball League

Games begin week of April 13; 14 game guarantee

\$500 per team
Maximum 20 players per team

Registration opens on February 1

Registration Due April 2
(\$50 late fee after April 2)

Captain Meeting:
Monday April 5, 6:30PM at the Family Fitness Center



5415 West 3100 South, West Valley City, UT 84120 (801) 955-4000 www.WestValleyFitnessCenter.org
Facility Hours: M-F 5 a.m. - 10 p.m. Saturday 6:30 a.m. - 9 p.m. Sunday 10:30 a.m. - 5 p.m.
Lap Swim: M-F 5 a.m. - 9 p.m. Saturday 6:30 a.m. - 8 p.m. Sunday 10:30 a.m. - 4 p.m.
Open Plunge: M-F 11:30 a.m. - 9 p.m. (slide opens at 5 p.m.) Saturday 11:30 a.m. - 8 p.m. Sunday 12 p.m. - 4 p.m.

